

Healthy Food Handling: Canning and Preservation

Quick Summary:

This intensive theme is an exploration of how to enjoy fresh flavors year-round with fun and easy methods to home canning and preserving.

Intensive Theme Description:

In this week, students will discover and practice home food preservation methods. Home canning, dehydration and freezing are 3 preservation methods that will be introduced. All three preservation methods require specific preparation steps and packaging that control or limit the air to which the prepared food is exposed during storage. Students will **Can** local Food

Learning Objectives:

- Students will discover when bountiful gardens, fields and orchards explode in produce how to preserve food and enjoy the harvest year-round.
- Students will learn basic techniques and reasons why certain steps are essential to success.
- Students will can locally-grown foods using mason jars, vacuum sealer and dehydrator.
- Prepare pickles, jams and dehydrate fall fruits and vegetables in season

Activities:

- Food preservation techniques including home canning, vacuum sealing, dehydration and freezing
- Exploring methods and spoilage factors, trouble-shooting home canning problems-causes and prevention
- Field trip to a farm, orchard or corn maze
- Harvest fall produce from local gardens and farms
- Prepare Pickle basics, terrific tomato sauces, can and freeze fruits and vegetables
- Dehydrate fall fruits and vegetables using a dehydrator
- Food Handling Certification
- Possible workshop from Canadian Entrepreneurs or seminars from experts from agricultural agencies

Students who wish to participate in this intensive theme should:

- Come prepared to follow safe food handling and sanitation practices
- Enjoy learning new cooking techniques working together as a member of a team
- Have an interest in learning how to preserve local foods throughout the year

Fee: \$50 (for Food Handler's Certificate)